

THE LONGEST TABLE®

Miami to Host Its First Public “The Longest Table” on May 1 Amid Growing Loneliness Crisis

Free community potluck at The Underline launches 10 Days of Connection

MIAMI, FL (April 16, 2026) — Miami will come together on May 1 as The Longest Table makes its first public debut in the city, bringing residents together for a shared meal and conversation at The Underline. At a time when loneliness has been declared a public health crisis, the event positions Miami at the forefront of a growing movement to rebuild connection at scale. This free, community event will serve as the official kickoff to **10 Days of Connection**, which celebrates its 10th year in 2026 and has engaged more than 317,000 residents over the past nine years.

Dr. Vivek Murthy, former U.S. Surgeon General, who has called loneliness one of the most pressing public health challenges of our time, will serve as guest of honor. Dr. Murthy is founder of The Together Project and author of “Together: The Healing Power of Human Connection in a Sometimes Lonely World.” A Miami native and graduate of Miami Palmetto Senior High School, Murthy will spend the day meeting with local leaders before joining the community dinner.

Loneliness is now recognized as one of the most urgent public health challenges in the U.S. Research shows it can increase the risk of heart disease by 29%, stroke by 32%, and dementia by 50%, with a health impact comparable to smoking 15 cigarettes a day. The Longest Table is a direct response to this challenge.

Designed as a large-scale community potluck, participants are encouraged to bring a dish, or more, to share. Homemade or store-bought, whether it’s a family recipe, favorite pastelitos, or something picked up along the way, the goal is simple: come as you are and pull up a chair.

This event is a unique partnership between **Radical Partners, The Longest Table, The Underline, Elevate Cities** and **Knight Foundation**. It invites strangers to sit side by side, share a meal, and spark meaningful conversations.

Timed with Mental Health Awareness Month, the event places Miami at the center of a growing national conversation around connection, belonging, and well-being.

“The idea is simple, but the impact is powerful,” said **Maryam Banikarim, co-founder of The Longest Table**. “You don’t need to wait for someone else to solve loneliness. The solution is already in your hands. It starts by sitting down with your neighbors and having a conversation.”

Originally launched as a grassroots gathering in the Chelsea neighborhood of New York City, The Longest Table has grown into a national movement with events taking place in communities across the country. Research conducted over multiple years shows that more than 8 in 10

participants meet someone new, report a greater sense of belonging, and feel more inclined to take civic action after attending.

“Connection is the foundation for everything we want to build in our communities,” said **Kim Coupounas, CEO of Elevate Cities**. “Some of the challenges we face can feel overwhelming, but they are solvable, and often the solution starts with something as simple and ancient as gathering around a table together.” This event is part of a broader effort led by Elevate Cities to connect and amplify moments of belonging across Miami, helping turn individual experiences into a cohesive, citywide narrative of connection.

For Knight Foundation, the initiative is part of an effort to strengthen civic engagement and build more connected communities.

“We invest in communities so people feel informed, connected, and empowered to shape what comes next together,” said **Sara Chaves, Miami program officer at Knight Foundation**. “This isn’t just about one event. It’s about building stronger, more resilient communities over time.”

The event also marks a milestone moment for 10 Days of Connection, which brings together 124 Miami organizations offering free experiences designed to connect people across cultures, backgrounds, and perspectives.

“If you zoom out for a second, you’ll be reminded that we’re all human,” said **Joan Godoy, CEO of Radical Partners**. “The goal is to create safe and accessible spaces where people can connect, build understanding, and move forward together, not despite our differences, but because of them.”

Miami is one of the most diverse and dynamic cities in the world, drawing people from everywhere, yet many residents still experience isolation. The Longest Table offers a simple, powerful way to reconnect and build a stronger sense of community.

The Longest Table will take place **May 1 from 6:30 to 8:30 p.m. at The Underline’s Inter Grove Gallery**, located at 2771 SW 27th Avenue, Miami. The event is free and open to the public, and advance registration is highly encouraged at bit.ly/thelongesttableinmiami.

To explore the full schedule of events for 10 Days of Connection, visit events.10daysofconnection.org.

For more information, visit www.longesttablecommunity.org or follow [@longesttablecommunity](https://twitter.com/longesttablecommunity) on social media.

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About 10 Days of Connection and Radical Partners

The 10 Days of Connection is a movement to connect locals across lines of difference. Through potlucks, conversations, and art, diverse communities come together thanks to hundreds of host organizations. It is produced by Radical Partners, a social impact accelerator based in Miami,

and the support of 10+ sponsors like Elevate Cities and Knight Foundation. You can learn more about their work in Miami and beyond at www.radical.partners.com

About Elevate Cities

Elevate Cities is a new civic venture incubated within the global, Miami-based Elevate Prize Foundation, founded by philanthropist Joseph Deitch. Elevate Cities spotlights local changemakers, inspires civic pride, and catalyzes joy-filled, place-based activations. Elevate Miami is the initiative's first city program, experimenting with creative contests, awards, storytelling, and cultural rituals designed to help cities see themselves at their best and amplify what's working. Learn more at www.elevatecities.org

About Knight Foundation

We are social investors who support a more effective democracy by funding free expression and journalism, arts and culture in community, research in areas of media and democracy, and the success of American cities and towns where the Knight brothers once published newspapers. Learn more at kf.org and follow [@knightfdn](https://twitter.com/knightfdn) on social media.

About The Longest Table

The Longest Table, an initiative of NYCNext (501c3), brings neighbors together for shared meals in open spaces where everyone belongs. In our increasingly disconnected world, we're rebuilding community one table at a time — fostering human connection, reducing loneliness and reminding us of what we share rather than what divides us. Learn more at www.longesttablecommunity.org and follow [@longesttablecommunity](https://www.instagram.com/longesttablecommunity) on IG.